

Department of Public Instruction

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<http://www.dpi.state.nd.us>



Safe and Healthy Schools – June 2015 Update

Funding Opportunities

The **Safe & Healthy Schools** unit in the ND Department of Public Instruction (DPI) has posted a new “Funding Opportunity” document dated June 2015 which can be found at <http://www.dpi.state.nd.us/health/CSH/opportunities.shtm>. This list is not all-inclusive, but provides you with a place to start.

School Nutrition Summit June 9

“Working Together to Grow Healthy Kids” School Nutrition Summit will be held June 9, 2015. It is **free**. Attendees should be people who can make policy decisions on school breakfast, lunch and recess scheduling, concessions sold in the school building, school fundraisers, etc. Target audiences are school superintendents, principals, health teachers, REA staff, extension workers, and food service directors of large cities. To register: <https://eventbrite.com/event/16540293463/>. For more information please contact Deb Egeland at 1-888-338-3663, 1-701-328-3718, or degeland@nd.gov.

SchoolsAlive! Active Classroom Course in Bismarck June 16-17

Two-day course provides an understanding of the importance and benefits of daily school-wide physical activity. Classroom teachers will learn how to research and implement a variety of interdisciplinary classroom physical activities and movement breaks that facilitate improved academic performance, classroom behavior and student health. Course credit will also be available through North Dakota State University for \$50. For more information or to register contact Sara Upgren at 701-328-2228 or supgren@nd.gov

Be Fit 2 Learn II Training in Minot June 22-23

The goal of Be Fit 2 Learn II is to enable K-12 staff and students to understand the benefit of 60 minutes of activity a day with an emphasis on how we can incorporate activity into the classroom setting with technology to improve academic achievement. The workshop is designed for participants who will utilize technology methods to develop the whole child utilizing different learning and teaching styles. **The first 35 registered participants will receive a tool kit, valued at \$300**, which will provide the materials needed to implement 60 minutes of physical activity during the school day by challenging the students’ minds and bodies. To register: http://www.escweb.net/ND_MDEC/ For more information contact Lyndsi Engstrom at 701.441.1737 or lyndsi.engstrom@ndmdec.com.

National Archery in the Schools Workshop for Educators June 23-24 in Bismarck

The National Archery in the Schools (NASP) program teaches international style archery. The workshop will provide participants with the fundamentals to teach archery in grades 4-12. Archery is a completely safe activity where girls, boys, athletes and non-athletes all compete on a level playing field. The program can be taught indoors or outdoors. For complete details:

<http://www.dpi.state.nd.us/health/training/training.shtm> or for more information contact: Jeff Long, ND Game and Fish Department at jrlong@nd.gov or register at: <http://naspbai.org/>.

Free Training for Schools and Staff: Youth Mental Health First Aid

Youth mental health issues are more common than one might think. In any given year, one out of five youth experience mental health issues. To assist school districts in addressing these issues, the North Dakota Department of Public Instruction's Safe and Healthy Schools unit has partnered with the National Council for Behavioral Health to train a statewide cadre in Youth Mental Health First Aid. The Youth Mental Health First Aid curriculum focuses on adults who interact with youth, ages 12-18. This 8- hour course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, trauma, eating disorders, ADHD, disruptive behavior disorders, and substance abuse disorders.

The course demonstrates how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social and self-help care. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan. **Who should take the course?** The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.).

For more information <http://www.dpi.state.nd.us/health/training/training.shtm> and/or to arrange a training, contact Gail Schauer at the ND Department of Public Instruction's Safe and Healthy School unit at gschauer@nd.gov or (701) 328-2265.

If you have any questions on the above information please contact Kate Schirado at kmschirado@nd.gov or (701) 328-2098.